

# **The William Glasser Institute**

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## **Skits to Help High School Students Learn Choice Theory**

New material from William Glasser, M.D.

### **Purpose:**

These skits can be used as a classroom discussion starter for eighth to twelfth grade students who are in the process of learning choice theory. In the course of these eleven skits, the five performers become very familiar with how choice theory and competence based teaching become a part of their quality classroom routine. Both students and teachers can use the skits to get the feel of how different this classroom is. Further they will learn about the effect external control has on all of our lives.

Watching these skits could also be valuable for parents of students who are starting to learn choice theory and want to find out more about it. The skits might be performed at a teacher meeting for those who want to learn more about using choice theory in their classroom. The performers could answer questions everywhere they perform.

### **Characters:**

Five tenth grade students, three boys and two girls who are learning choice theory in some depth from their new English teacher. These students are close friends and often hang around together in the cafeteria after they finish eating lunch.

### **Setting:**

The school cafeteria after lunch. When the skits are performed, the actors may use their own first names.

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## Skit One      The New Teacher

Jeff            I like our new English teacher; she's really cool.

Kim            What's cool about her?

Amy            She's so friendly. I mean like she doesn't even yell at us. She's always calm.

Kim            I think it's weird because she doesn't have a normal name. All she has are two initials. She wants us to call her C.R.

Tom            I like calling her C.R. That's cool. I asked her what they stood for and she said, "When I get to know the class better I'll tell you."

Ken            Yeah, she's really cool. Like this morning when that jerk who sits behind me kept poking me with his finger, I turned around and started yelling at him to stop. She just watched us for a minute. Then she walked over and quietly asked if she could help us solve the problem.

Amy            I saw that. She didn't say anything else. She just asked if she could help with the problem.

Kim            She didn't have to say anything else. You both stopped yelling and it was over.

Tom            But you let him get away with it. You know he'll just do it again.

Ken            I didn't feel like it. It was her quiet voice and the way she looked at both of us. It's like she doesn't want to make a big deal out of a little trouble. She wasn't even angry.

Kim            But I did see her talking to you for a moment before you left class. What was that all about?

Ken            Nothing really. She said she appreciated me calming down and suggested I should try to make friends with him. He's new and he's probably lonely. Then she smiled at me.

Jeff            You aren't going to make friends with him, are you? He's a jerk.

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- Ken            Big deal. I'm not afraid of him. He didn't hurt me. All he wants is attention; why not give him a little? It's tough being a new kid in high school.
- Kim            I think you did it for her, she didn't treat you like a kid.
- Ken            That little talk we had after class, she didn't have to do that. She cares about me. She doesn't treat any of us like kids.
- Amy            But our other teacher who left to have a baby never treated me like a kid. I liked her.
- Ken            Amy, you're in some of my classes. None of your teachers treat you like a kid because you're always good. But I'm not. C.R. has treated me this way ever since she started three weeks ago.
- Jeff            That's how I feel. She treats us like we we're being good even if we're not good. That's what's so weird.
- Amy            She does but I'm not sure she should do that.
- Ken            You think she should have punished me when I started to yell at that new kid?
- Amy            I think she should have done more than look at you. You were yelling. Even though you shut up, she should have said something.
- Ken            But she did later before we left. She even said I should make friends. I told that to the kid and we shook hands. No teacher has ever suggested that. I think we should all make friends with him.
- Amy            I didn't mean that. You know what I meant.
- Ken            All I know is I've never had a teacher talk to me like she does.
- Jeff            Yeah, like she trusts us to do the right thing.

### End Skit One

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## Skit Two      The Connecting Room

Kim            C.R.'s been real nice but she's only been here a few weeks. I'm waiting to see what happens if one of us gives her a really hard time.

Jeff            She's isn't going to change. Trusting us is the way she is.

Amy            I've talked to my mother about how C.R. trusts us and doesn't yell at us or punish us. My mother says punishment builds good character. My Dad agrees with her.

Jeff            But remember what she did yesterday when the new kid kept talking and refused to shut up. He was giving her a real hard time.

Tom            She told him to go to the office and he's still gone. I'm glad to get rid of him.

Amy            So am I. But isn't that punishment?

Kim            But, it was how she did it. She still didn't get angry or raise her voice. She just told him she'd never learned how to teach when a student keeps talking and she asked him to please go to the office.

Tom            She talked real soft but I did hear her tell him, don't worry, you'll be okay. No one is going to punish you.

Ken            I know why he hasn't come back. He rides on my bus and I've been talking to him. We're beginning to make friends. He told me he's in the "connecting room" and he likes being there.

Amy            What's the connecting room? I never knew we had one.

Ken            Amy, like you'll never see that room. He's been telling me about it. It's for kids who make trouble.

Kim            I know why he makes trouble. He can't do the work. Guys who can't do the work always make trouble.

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- Ken            He says he's doing it now in that room. He says the kids in the connecting room like him and the teacher helps him with the work. He says they don't have to be totally good but after the first few days most of them are.
- Amy            What do they do in that room?
- Ken            They talk a lot to each other and to the teacher. They also do assignments. C.R.'s been bringing him the English work and he's been doing it. The teacher there is able to help all the kids catch up with their work.
- Jeff            How many are in there?
- Ken            He says usually around nine.
- Tom            Why do they call it the connecting room?
- Ken            He says kids who make trouble are mostly like him, they don't have enough friends in school. The teacher helps them to connect with each other in the room. The teacher uses the word connecting for making friends. That teacher is like C.R. He doesn't yell or punish either.
- Kim            Did you ask him if he's ever coming back?
- Ken            He said the teacher in that room doesn't want him to come back until he can figure out how to get along in class. We've been getting along fine on the bus. I told him I'd be his friend if he'd come back to our English class.

**End Skit Two**

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## Skit Three      Learning Choice Theory

Ken                    I told C.R. about how I've made good friends with the new kid she sent to the connecting room. She told me he's been doing his work and she's been checking it at lunch time. He says he likes her now. She told me if we're willing to be friends with him she wants him back. Amy, what do you think? If you'll accept him all of us will accept him.

Amy                   I'll accept him. C.R. told me that she'd appreciate it if I'll accept him even if he isn't good. I don't understand that but I really trust C.R.

Kim                   Maybe you don't realize it but you're kind of the leader of our class.

Jeff                   You are Amy. It would be important to him.

Tom                   But he never did much work in here. Why'd he change?

Ken                   He told me he's learning something they call choice theory from the teacher in that room and it's helping him.

Kim                   I wonder if C.R. is going to teach us choice theory.

Ken                   I asked her that and she says she's going to start next week. It'll only take us fifteen minutes a week and if we like it we'll do it once a week every Friday. She didn't want to start until she got to know us.

Amy                   I hope we get to know her better. If I'm that important to him, I told her I'll help him with his English if he comes back. I really love English.

Jeff                   Well, at least we know why she's like she is. It must be she's using that choice theory.

Amy                   I guess she'll expects us to use it, too.

Tom                   I asked her that and she said that all she wants is for us to learn it. We don't have to use it if we don't want to. Haven't you noticed how she's been saying choosing this and choosing that since she came here? She says we choose everything we do.

Kim                   She says if it's a choice we can usually always make a better choice.

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Ken            That's what the kid on the bus told me. He's choosing to learn it and he's getting along better with the kids in that room. He says he's looking forward to coming back to our class.

Amy           But what I can't figure out is why would she teach us something if she didn't expect us to use it.

Kim           She's probably hoping we'll choose to use it.

Jeff           But this is school. We never get a chance to choose anything. They even make us come here.

Kim           Maybe she's figured out if she tries to make us use it we won't want to.

Jeff           But we're teenagers. Everyone makes us do every thing. If we don't, they punish us. I hope she'll teach our parents some choice theory.

**End Skit Three**

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## **Skit Four      A New Kind of Test**

Jeff            I like learning about the basic needs. It was neat to find out I have a need for fun. More teachers need to know about that need.

Tom            What I like about what she's teaching us is she hasn't said anything about tests. I asked her if we're going to have a test on the basic needs.

Amy            The needs are easy to learn. I like tests. What did she say?

Tom            She's going to pass out a handout explaining all about the needs. Then she's going to give us a test but we can take it home just like homework.

Amy            But we'll have all the answers on the handout. We'll get them all right. What kind of a test is that?

Tom            That's what I asked her and you know what she said.

Amy            What?

Tom            She said she wants us to get them all right. If we get an answer wrong we can keep working on it until we get it right. She said we really don't learn much from making mistakes but we learn a lot by correcting them.

Amy            Did you ask her if this is only for choice theory or is it for English, too?

Tom            She said in the beginning just for choice theory but, if we like it, she'll do it with other lessons. It's not as easy as it sounds. We have to get all the answers right to get credit but she thinks we'll be able to do it.

Jeff            I'd sure like to hear more about how to do that. I never get all the answers right on a test.

Tom            She said it's a little complicated but she'll begin to explain it in the next choice theory session on Friday.

Ken            She's going to wait until after we take the test on the needs.

**End Skit Four**

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## **Skit Five      'Work on it' Till it's Right**

Ken            Okay, we all took the test home with the handout she gave us but only Amy got them all right. On those questions you really had to think. She wanted us to do a lot more than just copy the answers off the handout.

Amy           But she let the kids who didn't answer the way she wanted to keep working until they got it. That wasn't fair. I should get a better grade because I got every one right the first time.

Kim           I don't think we got away with anything. I'd rather take a test once than have to keep working on it.

Jeff           One kid had to work on it for two more nights. He had to get help from his parents. But in the end he got the answers the way she wanted. He was okay with it.

Tom           A couple of girls didn't take the test at all and she didn't do anything to them. She's not kidding. She really doesn't punish.

Ken           When I asked C. R. about those girls she said learning choice theory is a choice. You don't have to learn it. She was happy so many kids chose to learn enough to do so well on the test.

Kim           I was curious. I asked the two girls why they didn't take the test.

Amy           What did they say?

Kim           They hate tests. They like talking about choice theory in the class session when we're learning it but they won't take a test on it. They said that was okay with the C.R. She told them to participate when we discuss it. They'd still learn a lot.

Amy           I've never heard of anything as unfair as that.

Tom           It's because choice theory is not a required subject. If it were math they'd have to take the test to get credit.

Amy           Well, that's better. We should all have to take the required tests.

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Tom            Maybe we should but there's a kid on our street who not only won't take tests, he won't even go to school. He's not a bad kid, I hang out with him once in a while. They've tried to force him to stay in school but he just gets up and leaves.

Jeff            He wouldn't leave if he had C. R. for a teacher. School's great if you can keep working on a test until you get the right answer. If I did well on that test, anyone can do it.

Amy            But you were paying attention. You never paid attention before.

Jeff            I chose to pay attention. So, there!

Kim            But the questions C.R. asks are a lot different from most of the questions I've ever had on tests. They're not really harder, they're just different.

Amy            They are and I kind of like them. I guess she wants to find out if we can think and if we really know it.

**End Skit Five**

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## **Skit Six      Competence Testing**

Jeff            Well, I finally know what the teacher wants us to do on a test. Before C.R. explained it in the last session, I was never sure what a teacher wanted.

Tom            I'm glad to get rid of memorizing. I never knew what to study for. Sometimes I memorized the wrong stuff. All that work for nothing.

Kim            C.R. wants us to try this new way of testing in all our subjects for a couple of months to see if we like it. I told her not to worry. I like it and I don't know anyone who doesn't.

Tom            And if we like it she wants us to explain it to our parents. But if they don't support it, C.R. won't keep doing it.

Jeff            But what if we like it and they don't?

Ken            We'll have to do a good job of explaining it. She says if our parents have questions they can call her. But she thinks we can explain it. She's not worried she'll have too many calls.

Amy            If it's the way she tested us on the basic needs, I think I'm going to like it. No memorizing, just showing her that we understand what the needs are all about.

Kim            But remember, if she asks us, we have to be able to explain why we answered the way we did. No guessing and no copying off someone else.

Jeff            I'm the first one she'll ask. I don't copy but I sure guess a lot.

Kim            But will we still get to take the test home and correct the ones we didn't answer the way she wanted?

Ken            Sure, but some subjects like English and history are like the needs. A lot of times there is no exact answer. We could answer the same question in different ways and it could still be a good answer.

Amy            But whatever we wrote, it would have to show C.R. that we understood what the question was all about.

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- Kim            That's why we discuss what we're learning before we take the test. That's when we learn to understand it.
- Tom            But in math there's always a right answer. How will a math teacher know we understand how we got the right answer? I'm like Jeff. Sometimes I guess.
- Ken            If the math teacher thinks we don't know how we got the right answer, we won't get credit until we explain how we got it. That could really be hard. I don't always know how I got the right answer.
- Amy            That's what C.R. meant when she talked about us doing competent school work. Competent means you understand what you're doing and you can explain it. I think that's fair.
- Kim            Could our parents still help us get the right answers if we took a test home?
- Jeff            She said that's fine. In school we could even help each other or she'd help us while we're taking the test.
- Amy            I like working to get all my answers competent, even better than competent. But getting help on a test isn't fair. That's going too far.
- Kim            But she explained about fairness. She said the purpose of tests is for us to understand what we're learning. If we need help or more time to understand it, that's okay but we still have to be able to explain why we answered the way we did.
- Ken            What's fair is, C.R. will make sure we understand it before we get credit. She says that's her job. If she's willing to do that I'll work harder.
- Amy            So that means in math if I can get the right answer and I say I can explain how I got it, that's it. I'm finished?
- Jeff            Amy, you'll be finished because she'll know you can explain how you got the answer. You're a brain in math.
- Kim            You're a brain in everything.

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- Jeff            How about me? I might not be able to explain how I got the answer.
- Amy            You can come to me. I'd be willing to help you if you pay attention. Remember, you have to get the answer and then you have to be able to explain to me how you got it. C.R. trusts me. If I say you can explain it, she'll give you credit.
- Tom            In history you'd have to understand why things happened. Not just memorize some dates and names.
- Kim            We'll have to know why they elected Theodore Roosevelt, not just know who he was and the date he took office.
- Ken            I like history. I would love our history teacher to try this.
- Kim            It may be harder but I like it. Memorizing for a test gets me so nervous my mind goes blank even when I'm sure I know the stuff.

**End Skit Six**

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## Skit Seven      The New Grading System

Jeff                      We've been taking the new kind of tests for almost two months. I'm still not sure but I think I like this way.

Ken                      I love discussing what we've learned first. When we talk about it for a while I begin to understand it. When you understand it, the test is easy.

Tom                      What I like is there's no more cheating. If you copy one of my answers I'll tell C.R to check you out. If you need help she'll see that you get it. I'd even be willing to help you.

Kim                      What I like is we're only going to have two grades: A for very good work, B for competent work. No more Cs, Ds and Fs. I hated all those Cs because I can't seem to remember a lot of facts. I even got an A on one test because I explained more than she required.

Amy                      The best part for me is now I can get A+ if I work real hard or if I spend time helping another kid to reach a B.

Ken                      Amy, I think you may have a problem with your Mom. She's expects all As. Now she'll expect all A+s.

Tom                      My Mom will be happy if I make all Bs.

Jeff                      But what's going to happen to me if I don't make a B?

Kim                      C.R. said we keep working until we understand enough to get a B. She calls a "B" a competent grade. She says competence is all she expects. If we want an A or an A+ we'll have to show her we understand a lot more.

Tom                      But if we don't get a B, what'll she mark on our report card?

Amy                      You won't get any mark. To get credit you have to do competent work. That's a B. Like Kim said, you keep working until you do. I'm willing to help any kid who needs it.

Kim                      Jeff, if you got help and had more time, don't you think you could make a B?

Jeff                      I could try but math is really hard for me. What if I get help and I still don't get it?

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Ken            You'll have to take the subject over. But C.R. says she thinks we'll all make the B and get credit.

Amy           Jeff, I keep telling you that you've gotten used to giving up. I think you're kind of lazy. I'll help you but you have to try. I'll feel real good if I can help you get a B.

Jeff           But if you help me, it'll take you a lot of time. I don't think your Mom is going to like that. I don't want you to get into trouble.

Amy           I talked to my Mom about it. She used to teach school. She says helping another student is the best way to learn. I was surprised. I thought she'd be against me taking time to help another kid.

Jeff           I feel better. When we all get good grades I think everybody will get along a lot better with each other than we do now. .

Kim           I think we will, too.

Tom           Talking about getting along better, C.R. told a small group of us the other day that schools don't teach the most important thing students need to learn in school.

Ken           She said they don't teach students how to get along better with each other and with the teacher. At the next choice theory meeting she's going to start teaching that to us.

**End Skit Seven**

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## Skit Eight      Getting Along Better

Ken                      When she started to teach us that choice theory was a “getting along better with each other” psychology, I didn’t know what she was talking about.

Jeff                     I didn’t know what she was talking about either but I think it’s about time we learned something about psychology.

Kim                     When I told my Mom we were learning about psychology in English class she got interested. She really likes C.R. If I learn something new, she wants me to explain it to her.

Jeff                     That’s just what C.R. said. If we catch on to what she’s teaching, she wants us to teach it to our parents.

Tom                     Okay Amy, you’re the class brain. Did you understand what she was talking about?

Amy                     Here’s what I think. Whenever we have trouble getting along with people we use what she calls a “psychology.” But the psychology most of us use doesn’t work very well. Who has a little brother who’s always bugging them?

Kim                     I do. I go to my Grandma’s to get away from the brat.

Amy                     But when you’re home how do you treat him?

Kim                     As soon as he starts bugging me I tease him. I love to make him cry. But then he runs to my mother and she bawls me out.

Amy                     See, you’re using a “teasing” psychology to get him to cry. When he runs to your mother he’s using “tattling” psychology to get you punished. C.R. says you need a better psychology. Teasing and tattling make things worse.

Jeff                     I think I’m catching on. Punishing is a psychology that hurts me. Then I get real upset and it ends up hurting my parents, too. The first thing I noticed about C.R was she didn’t punish us. I liked her right from the start.

Amy                     She didn’t punish because she was using choice theory. Like she said, that’s a **“getting along better together”** psychology. People who use it don’t punish.

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- Ken            That must be why she only gives us As and Bs. Some teachers give low grades to punish kids. They think it'll make us work harder.
- Jeff            Low grades never made me work harder. They made me want to give up.
- Tom            The other day my Dad took me to look at new cars. The salesman paid so much attention to me that I asked my Dad if being nice to kids is a selling psychology. He really got excited when I told him we were learning about business psychology in the tenth grade.
- Kim            I wish teachers would use that selling psychology. Be real nice and sell us on what they want us to learn.
- Ken            I heard on the news that two million people are in jail being punished for a crime. I think those people could use some choice theory.
- Amy            I don't think there's much choice theory anywhere. My Grandma is a high school principal and I told her about how we're learning choice theory from C.R. and how she never punishes us. Grandma said that wouldn't work in her high school. You have to punish kids or you couldn't run the school. I told her to talk to C.R. and she said she might.
- Kim            But there has to be a lot more to choice theory than learning the basic needs and not punishing people.
- Tom            Maybe there is but not punishing seems like a big deal to me. I'd sure like to learn more about how teachers and kids could get along without punishment.

**End Skit Eight**

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## **Skit Nine      A Control Psychology**

- Amy            What I got out of that last choice theory session with C.R is that very few people know anything about what we're doing in our classroom. All they think about when they don't get along with some one else is "control."
- Jeff            Everyone's been trying to control me since I began to walk.
- Kim            You're right. I tease my little brother to control him and he tattles to get my parents to control me.
- Tom            After I learned about control I talked more to my Dad about that car salesman. My Dad said he was so nice to me because he was trying to get me to help him sell a car? But that was fine with my Dad. Being nice to me may be trying to control me but that didn't bother my Dad. Selling, if it's a good product, is a good psychology.
- Amy            My grandma is trying to control a whole high school. She says it's not easy. A lot of the kids don't care if she punishes them or not.
- Ken            I know some of those kids in that high school. I know what she means.
- Kim            They need a teacher like C.R. She never tries to control us. She lets us choose a lot of things. High school teachers shouldn't lecture so much. They should discuss a lot more and let the kids keep working on their tests until they're competent.
- Tom            I bet the kids who give your grandma the most trouble get low grades. Kim's right. Give them a chance to get a B and they'll be a lot easier to get along with.
- Amy            But here's something else to think about. C.R. explained that there's one group of people who never try to control each other.
- Tom            I remember, they're our real good friends. She's right. If we tried to control them we wouldn't be friends for very long.

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- Ken            That's when I asked C.R. if a teacher could be a real good friend to the kids she teaches? As soon as I asked her that she finally told us what C.R. stands for and it kind of answered the question.
- Jeff            I was really happy to find out that C stands for "caring" and R stands for "respecting." She says she tries real hard to care for and respect everyone, not just us.
- Kim            Caring and respecting are what friends are all about. I'm sure C.R. is our friend.
- Jeff            That's what I've been trying to tell you. My other teachers were friendly but she's really friendly. Now I'm beginning to understand what she was talking about when she explained the **quality world**. C.R. is front and center in my quality world.
- Tom            Is that why you work so hard for her?
- Jeff            She was in my quality world before I started to work hard. But I think me putting her into my quality world is what got me started.
- Amy            It's hard to be friends with people who try to control you. I never thought about that but it is. We don't put people like that in our quality worlds.
- Ken            I had a friend who never wanted to do what I wanted. He only wanted to do what he wanted. I took him out of my quality world and we're not friends anymore.
- Tom            I wonder why more teachers aren't like her?
- Amy            What I can't figure out is why more teachers don't learn choice theory? If they did more kids would put them into their quality worlds. Let's ask C.R. if she knows the answer to that question.
- Jeff            I hope she goes slow if she answers it. That could be real complicated.

### End Skit Nine

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## Skit Ten

## “Common Sense”

- Amy C.R. said so few teachers know about choice theory because it's a very new theory. Most people have never heard of it. Even when you go to college to become a teacher, you don't hear much about it.
- Tom But then she explained there's another problem. When people hear about choice theory a lot of them don't like it.
- Ken I wonder why, it works so well for us.
- Kim They don't like it because it's the opposite of what they have believed all their lives.
- Amy She explained that most people believe in a very ancient psychology. This psychology teaches them to try to control anyone they can't get along with. You know control them so they do what you want them to do.
- Jeff Like punish them. That's the psychology my parents used to use all the time.
- Ken C.R. says that the controlling psychology has been around for thousands of years. It's been around for so long it's become “common sense.”
- Tom My parents are always telling me to use my common sense. But I still don't know exactly what it is.
- Amy My Dad explained it to me. He said it's something you believe in so much you never doubt it. Even if it's wrong you never doubt it. He's a doctor. He told me that using common sense, doctors used to bleed sick people all the time. They bled George Washington so much they killed him.
- Jeff Giving kids low grades must be common sense. I've never heard of anyone doing what C.R. has done for us. This is the first time in my life I've put good grades in my quality world.
- Tom Has this old psychology that almost everyone believes in got a name?

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- Ken C.R. says it's called "**external control**" psychology. It's like I'm outside of you, you know external to you, and when we don't get along I try to control you.
- Ken But if everyone uses external control it has to cause a lot of trouble. I've never heard of anyone who wants to be controlled.
- Jeff I've spent most of my life trying to escape control. It's gotten me into a lot of trouble. But things are so much better now.
- Kim C.R. says external control makes it hard to get along with other people. In school it causes a lot of trouble between teachers and kids.
- Ken But we need other people, that's a basic need. My mother runs a big office in an insurance company. She's always talking to my Dad about the "relationships" between the people in that office. A lot of them don't get along with each other.
- Amy C.R. says she's always concerned about the relationships in our class. That's why she never uses external control. She says using it harms relationships.
- Tom Choice theory helps us get along better. I think we've got our whole class including C.R. in our quality worlds.
- Amy My Dad says the big problem with common sense is it gets in the way of new ideas. Choice theory is not common sense. It's a very new idea. My Dad says he'd never heard of it until I started to talk to him about it.
- Jeff In history we learned that for thousand of years people believed the earth was flat because it looked flat. When Columbus didn't fall off the end of the earth they began to change their minds.
- Tom What bothers people who like to control other people is that choice theory teaches that they can't control other people.
- Kim But my parents can control me. If I don't help with the dishes and do my homework, I can't go out on the weekend. I don't like it but they can control me.
- Amy That's only partly right. They can control what you do but they can't control what you're thinking. You're in the tenth grade. If they keep controlling you, you're going to stop

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getting along with them. Lots of teenagers don't get along with their parents. The problem is always about control.

Kim I love them a lot but I do get angry. I hate to feel that way.

Tom A lot of parents like to control so much they don't care if their kids don't like them. I think that's a mistake but how can a kid tell his parents they're making a mistake?

Kim Here's what I've decided. If I can only control my own behavior I'm going to stop teasing my brother. If I keep it up, we'll never get along.

Amy If my Grandma would stop punishing she'd be much better off. The more she punishes, the more her students hate school. I don't think there are many good relationships in that high school.

Kim Choice theory is like the golden rule, you know, 'do unto others what you'd want them to do unto you'. That rule is golden because it's the opposite of external control.

Tom But what causes so many people to use so much external control when it causes so much trouble?

Amy It's because of our need for power. Too many people believe that the best way to feel powerful is to control other people.

Kim When she changed her name to C.R. she was making it clear that she doesn't want to control anyone.

Amy If we can learn enough choice theory to care for and respect each other, we'll all be able to satisfy our need for power. When you're cared for and respected you feel powerful.

Tom When I talked to my Dad about the car salesman he really respected me. I felt a little power.

Kim But I can see a big problem. Suppose your Grandma learned choice theory and still a lot of her teachers don't want to learn it. Choice theory works for us because C.R. is in our quality world but not too many kids in that high school have their teachers in their quality worlds.

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Jeff                    We'll have to ask C.R. about that.

## End Skit Ten

### Skit Eleven      If Only all Teachers Used Choice Theory

Tom                    When I asked C.R. Kim's question, she said, a lot of teachers don't want to use choice theory and it didn't bother her at all. She said the way to get students to work hard in school is to teach so there is a good relationship between the teacher and the students and to get rid of the low grades. If the teachers don't want to use it, there's nothing your Grandma can do.

Kim                    I told her there must be a better way than choice theory. She said that maybe there is but she hasn't heard of it.

Ken                    But only a few teachers teach like C.R. in our school. A lot of the kids don't like their teachers. They act up and you can't send them all to the connecting room.

Jeff                    If you do all that and they still won't learn I don't think there's anything else you can do. If it weren't for C.R., I'd be a hard kid to get along with. Now I understand enough choice theory so I work more for all my teachers.

Amy                    I think our whole class ought to go to our principal and explain about C.R. C.R said if we'd go as a class he might listen to us. I explained everything we're doing to my Grandma and I lent her both the books that C.R. uses: *Every Student Can Succeed* and *Choice Theory*.

Tom                    Where'd you get those books?

Amy                    C.R. gave me them to lend to her. My Grandma took them but I don't think she's going to read them. But she was surprised to find out that there are books on what we do.

Ken                    What did you do then?

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- Amy I was real polite because I knew C.R. would want me to be polite. I said, "Grandma, you've been principal of that high school for fifteen years. Have you ever heard of anything better than to try choice theory in your school? It can't possibly do any harm."
- Tom What did she say?
- Amy She didn't say anything so I explained that you can punish students all day long with low grades, failure, detention and even suspension. But if you don't want to use choice theory and make a good relationship with them, nothing you do will persuade them to learn.
- Ken C.R. says they've been punishing students for hundreds of years and it's never gotten students to learn more. They'll only learn more because they want to.
- Amy I finally told that to my Grandma and I think she began to listen. She said she'll read the books. If she does, I'll ask C.R. to talk with her.
- Jeff My Dad says me doing B work and liking school has been some kind of a miracle. Punishment has disappeared at our house.
- Ken What are we going to do next year without C.R.? She only teaches tenth graders.
- Amy We can keep using what we learned this year, choose to work hard and make Bs and As. That's what I'm going to do.
- Kim I'll still hate it but if I have to start memorizing again I'll do it. When you get right down to it, memorizing is a lot easier than what we've been doing. It's just not any fun.
- Jeff If we start right in by doing what the teachers want we can make friends with them. Then we can talk with them and tell them we could do a lot more work if they'd let us do some of the things we've been doing here.
- Ken We could show them some of the very good work we did in here. I've got some things I could show.
- Amy If we want to have more teachers like C.R., doing that might be our best chance to get them.

**End Skit Eleven**

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## A Final Note from Dr. Glasser

I've tried to create skits that are interesting and informative. You can use them as they are or you can use the format and write some of your own to add to what I've done here. You can also ask students who become very conversant with choice theory to use this skit format and create their own dialogue.

I believe there is a difference between learning choice theory and thinking choice theory. It's when we begin to think choice theory without constantly comparing it in our minds with external control that we will have made it a part of our lives.